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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
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Applicant: Stearns Art Unit: 3764  
Serial No: 09/981,315 Examiner: Crow  
Filed: October 16, 2001  
Title: EXERCISE METHODS AND APPARATUS  
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Certificate of Mailing

I hereby certify that this AMENDMENT AND RESPONSE is being sent via facsimile number (703) 872-9302 to the Assistant Commissioner for Patents, Box Non-Fee Amendment, Washington, D.C. 20231, on this 7th day of April, 2003.

Mark A. Krull  
Mark A. Krull

AMENDMENT AND RESPONSE

Assistant Commissioner for Patents  
Box Non-Fee Amendment  
Washington, D.C. 20231

Dear Sir:

Introduction

This Amendment and Response is being submitted in reply to the Office Action dated March 7, 2003.

In the Claims

Please cancel claims 3-6 without prejudice.

Please add claims 7-10 as appended hereto.


Remarks

In the subject Action, the Examiner required Applicant to elect one of two enumerated inventions. Applicant hereby elects the first enumerated invention (claims 1-2 drawn to an exercise apparatus). Applicant has requested that claims 3-6 (drawn to a

method of exercise) be cancelled without prejudice, and that claims 7-10 be added to recite the elected exercise apparatus in alternative terms.

Applicant requests consideration and allowance of claims 1-2 and 7-10. In the event that additional issues arise during examination of this application, the Examiner is always welcome to contact Applicant's undersigned representative to discuss such issues over the telephone.

Respectfully submitted,

  
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